

RADIO SHOW –

Sharon: This is the Healthy Kansas Minute. I'm Sharon Watson with the Kansas Department of Health and Environment and with me is Dr. Howard Rodenberg, state health director with KDHE.

Now that we are seeing an increase in mumps cases throughout the Midwest, what can people do to stay healthy?

Dr. Howard Rodenberg: Vaccination is still the best prevention against mumps for both adults and children. If you have not receive the MMR, (measles, mumps and rubella) vaccine, please make sure you get vaccinated right away. It's also important to practice good hand washing, and to avoid sharing drinking cups and eating utensils.

Sharon: What can one expect if infected with the mumps?

Dr. Howard Rodenberg: Mumps is usually a relatively mild viral infection. It is transmitted through coughing, sneezing or being in close contact with an infected person. Symptoms include, fever with swelling and tenderness in glands around the neck or jaw.

Sharon: When should someone see their doctor?

Dr. Howard Rodenberg: If you experience fever and painful swelling in the jaw for two days without other cause, seek medical care, but remember that if you have been vaccinated the risk of getting mumps is very low.

Sharon: For more information go to kdheks.gov, this has been the Healthy Kansas minute